

EXTENSION

Utah State
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The Velveteen Principles for Becoming Real



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"Utah State University is an affirmative action/equal opportunity institution."
Practical solutions for a complex world

Adapted from:

The Velveteen Rabbit by Margery Williams and William Nicholson
The Velveteen Principles by Toni Raiten-D'Antonio

The Velveteen Principles for Becoming Real

Real is Possible ~ Discover what is in your heart and then develop the qualities to live it.

Real is a Process ~It involves: Close Relationships
Work of Value
Creativity and Growth
Teaching and Nurturing Others
Commitments

Real is Emotional ~ Insecurity, impatience, fear, and loneliness are felt by all of us. Understand that we all have these feelings.

Real is Empathetic ~ Learn to care about others in a generous way.

Real is Courageous ~ Real involves tears, fears and despair. The definition of bravery is moving ahead even when afraid. Relationships and experiences that end are not failures-they are only learning experiences that help us all define what Real is and we find the courage to try again.

- Failure leads to growth
- New beliefs are powerful
- Courage comes with Experience!

Real is Honest ~ Honesty makes it possible to be truly happy and at peace.

Real is Generous ~ The generosity that involves giving of yourself.
Every worthwhile life will involve a generous amount of giving.

Real is Grateful ~ When you practice gratitude it fosters optimism and allows you to move forward, living with no regrets.



Real Can Be Painful ~ The process of becoming real involves acknowledging both pain and loss, recovering pieces of ourselves and dealing with beliefs and values.

Real is Flexible ~ It is the ability to adapt to changing circumstances.

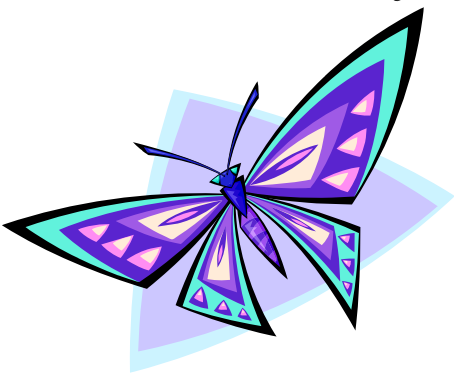
Real is Ethical ~ It is living by the "Golden Rule". You live by your own REAL values.

Real Endures Love ~ Real love is active. It is going out of your way to take care of someone you care about.

Real Has Meaning ~ Look upon the world with wisdom and understanding. Live your life with passion.

Become a Source of Inspiration. You can become more REAL in your life and bring encouragement to everyone you touch by being brave, honest and empathetic. You will be leaving a legacy to live with wonder, curiosity and openness, for it is your example that will be remembered and valued.

After all, you can say, "I am REAL, and you can be REAL, too."



Williams, Margery 1922. The Velveteen Rabbit or How Toys Become Real
D'Antonia, Toni Raiten. 2004, The Velveteen Principles: A Guide to Becoming Real

Admiration Inventory for Becoming REAL

Sit in a quite place with pen and paper. Use the two columns to write about:

Names of People you Admire
(other than for appearance)

Reasons for admiring
(talents, strengths, virtues, values)

Now fold the paper in two and look at only the traits. Take a good look because these are the things you admire in others that are also a part of you. Now you have a choice to live as a person you admire. Do you have changes to make?



Find Your Real Self

Find a photograph from your childhood and place in on a desk or table. Take the time to just look at the photo. Think about the child you were; consider who you were, your potential dreams, interests, beauty.

Now write a physical description of the child in the photo, color of eyes, hair, clothes. Are you confident, silly, or serious?

Now write about who the child was on the inside when the photo was taken. Let the photo tell you who she intends to be when she grows up.

Choose to do this with other stages of y our life. The process of becoming real involves acknowledging both pain and loss, recovering pieces of ourselves and dealing with beliefs and values.

